

George Mason University
College of Education and Human Development
Exercise, Fitness and Health Promotion

EFHP 613 - 001 Advanced Applied Biomechanics (3)
Fall 2019

Tuesdays: 10:30 am – 1:15 pm
248 Katherine Johnson Hall – Science and Technology Campus

Faculty

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Prerequisites/Corequisites

Full admission to EFHP graduate program. Introductory Biomechanics, Basic Human Anatomy, and Physics or permission of instructor.

University Catalog Course Description

Focuses on kinetic and kinematic concepts and how they apply to the qualitative and quantitative assessment of human movement. Designed for advanced study of motion analysis techniques.

Course Overview

This is a course to assist the human movement scientist (e.g., sports medicine clinician, exercise science, strength and conditioning) to enhance his/her ability to understand the nature of the structure and function of the human body through quantitative analysis of human motion. This course is intended to provide future clinicians/researchers with the necessary knowledge base to objectively evaluate human motion and to understand the theory, concepts and application of conducting analysis of human motion. The intent of this course is to provide students with an extensive knowledge concerning quantitative analysis of human motion and the concepts and equipment to collect objective quantifiable data to be used for clinical or research purposes. Lecture and laboratory concepts will be utilized to instruct students on the foundations of biomechanical data collection and major emphasis will be placed on using 2-D and 3-D motion analysis, force plates, and electromyography. As is the case in any biomechanical analysis of human motion instrumentation course, each student should expect to spend several additional hours each week in the laboratory over and above those scheduled as class time.

Course Delivery Method

This course is delivered through classroom instruction (face to face), and online assignments. A variety of teaching methods will be used. These include: lectures, class discussions, videos, demonstrations and in-class activities.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate the knowledge set-up, collection, and interpretation of 2-D motion analysis.
2. Demonstrate the knowledge set-up, collection, and interpretation of 3-D motion analysis.
3. Demonstrate the knowledge set-up, collection, and interpretation of force plate analysis.
4. Demonstrate the knowledge set-up, collection, and interpretation of electromyography
5. Demonstrate the ability to communicate effectively the quantitative analysis of complex motor movements.
6. Demonstrate a comprehensive understanding of human movement through biomechanical analysis.
7. Demonstrate the ability objectively quantify and evaluate movement tasks relevant to human motion.

Required Texts

McGinnis, Peter. Biomechanics of Sport and Exercise. 3rd Edition, Human Kinetics (2013)

Software:

MaxTraq: <http://www.motionanalysisproducts.com/Books/PM-BSE-R3.html>

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

• Assignments and Examinations

○ Mid-Term Exams and Final Exam

- Each student will be required to complete two exams and a final exam. The final exam will be cumulative. The format for all exams will be multiple choice, true/false, short essays, and problem-solving questions. Examinations represent inquiries regarding student knowledge of fact regarding course content. Examinations demonstrate that the student can remember and apply facts as well as demonstrate a hierarchy of knowledge information.

○ Homework

- The intent of this assignment is for you to conduct exercises related to each of the major topics (linear kinematics, linear kinetics, angular kinematics, and angular kinetics). There will be **4** homework assignments.

○ Labs

- There will be **10** labs with formal lab reports due during the semester. These are intended to give students hands-on, practical experience with concepts that are covered in class. The data will be collected in class. For each lab students will be required to write a formal lab report will be due approximately one week after performing the lab. Lab reports must be typed (12-point font, times new roman) and include a cover page.

○ Attendance and Participation

- Regularly attending class is mandatory and will count towards the final grade in the

class. Participation during the activity labs is mandatory. Participation does not necessarily mean performing the physical activity – lab groups will need members to perform the physical activity, instruct the person performing the activity, take measurements, and record data.

- **Final Grades:**

- Once your FINAL GRADE at the end of the semester is posted on mymasonportal/blackboard, you will have 24 hours to inquire about it. After that period, your grade will be posted as final. This course will be graded on a point system, with a total of 100 possible points.

- **Other Requirements**

- **Attendance**

- Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

- **Academic Load**

- Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance). Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

- **Honor Code**

- Students are held to the standards of the George Mason University Honor Code (see <http://honorcode.gmu.edu> for details). Violations, including cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

- **Written Assignments**

- All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12 point Times New Roman font, 1 inch margins, your name and title in the running header at top left had corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.

- Pay close attention to spelling and grammar as these will count towards your grade on written assignments. American Medical Association Manual (AMA) of Style (10th edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).
- Assignments must be turned in on Blackboard/MyMason Portal by the beginning of class on the specified date due (*unless otherwise specified*). No late assignments will be accepted. It is recommended that students keep copies of all submitted work.
- **Technology Use During Class**
 - As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.
- **E-mail Correspondence**
 - Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as: *EFHP 613: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: EFHP 613

Dear Dr. Cortes, (*Introductory salutation*)

I have a question regarding one of the assignments. (*Text body*)

Regards, (*Ending Salutation*)

Mr. / Mrs. Student (*Your name*)

Note: All email will be responded to in the order in which it is received. Students should allow 48 hours for a response.

- **Facilities - IMPORTANT**
 - We are very fortunate to have our own human motion analysis equipment in the Sports Medicine Assessment Research & Testing (SMART) Laboratory. It is imperative that all people who utilize the labs treat the facilities and equipment with respect and care.
 - 1. All laboratory equipment is highly sensitive and quite expensive. No horseplay will be allowed in the laboratory

- 2. If you are working with a piece of equipment and it breaks or something is not working properly, please notify one of the instructors immediately so it can be fixed.
- 3. Please make sure to turn off all equipment when you are finished even if it was on when you started. Lab doors should be locked and lights should be turned off when you exit the lab.
- 4. Computer data is highly sensitive to viruses; thus all disks must be “clean” and checked for viruses prior to utilization for laboratory experiments. It is each student’s responsibility to prevent computer malfunctions from occurring.
- 5. Eating, drinking, chewing gum and smoking are not permitted in the testing section of the laboratory.

- **Grading**

Assignment	Points
Mid-Term Exam #1	15
Mid-Term Exam #2	15
Final Exam	25
Homework	10
Labs	35
Total	100

Grade	Percentage
A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

Note: * Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Date	Topic	Chapter/Assignment Due Date
Aug 27 ^T	Introduction to EFHP 613 Introduction to course and labs What's worth knowing? Questions and Answers Introduction Lab <i>Location: 248 Katherine Johnson Hall</i>	Introduction Chapter
Sept 3 ^T	Linear Kinematics Lab #1 – Linear Kinematics	Chapter 2
Sept 10 ^T	Projectile Motion Lab #2 – Projectile Motion <i>Location: 248 Katherine Johnson Hall</i>	Chapter 2 Lab report #1 is due
Sept 17 ^T	Forces & Linear Kinetics Lab #3 – Ground Reaction Forces <i>Location: Innovation SMART Lab</i>	Chapter 1, 3 Lab report #2 is due
Sept 24 ^T	Linear Kinetics, Fluid Mechanics & Work, Power, Energy Lab #4 – Work, Power, Energy <i>Location: Innovation SMART Lab</i>	Chapter 3, 8, 4 Lab report #3 is due Homework #1 is due
Oct 1 ^T	EXAM I	Lab report #4 is due Homework #2 is due
Oct 8 ^T	Angular Kinematics Lab #5 – Video Analysis <i>Location: 248 Katherine Johnson Hall</i>	Chapter 6
Oct 15 ^T	No Class – Columbus Day	
Oct 22 ^T	Angular Kinetics Lab #6 – Moment of Inertia, COM & Angular Momentum <i>Location: Innovation SMART Lab</i>	Chapter 7 Lab report #5 is due Homework #3 is due
Oct 29 ^T	Segmental Inertial Properties and Anthropometry Lab #7 – Segmental Inertial Properties and Anthropometry <i>Location: 248 Katherine Johnson Hall</i>	Chapter 9 Lab report #6 is due
Nov 5 ^T	Mechanics of Biological Tissues Lab #8 – Mechanics of Biological Tissues <i>Location: 248 Katherine Johnson Hall</i>	Articles on Blackboard Lab report #7 is due Homework #4 is due

Nov 12 ^T	EXAM II	Lab report #8 is due
Nov 19 ^T	Neuromuscular control of movement	Chapter 13, 14, 15 & 16
Nov 27 ^T	Lab #9 – Isokinetic <i>Location: Innovation SMART Lab</i>	
Dec 3 ^T	Lab #10 – Electromyography <i>Location: Innovation SMART Lab</i>	Lab report #9 is due
Dec 17 ^T	Final Exam	Lab report #10 is due

Note: The instructor reserves the right to make changes to the course syllabus and/or schedule at any time. Students will always be informed of any changes made.

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .